FAMILY LIFE

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NEW APPROACH TO SEXUAL PROBLEMS

Sexual problems may be psychological, physiological or both. A new approach includes more careful differential diagnosis, and in many cases combined therapy will bring better results.

In a large part of all cases of marital maladjustments there is a sexual problem, and dealing with it is an essential part of marriage counseling. If husband and wife are continually at swords' points anyway, it is quite likely that they will fail to meet each other's needs sexually. Reorganization of their attitudes may enable them to establish, or re-establish, a satisfactory sexual pattern. Apart from this, many women have been so mis-educated, or badly conditioned, in earlier life that they do not respond normally to their husbands. Such general re-education may be a long, slow process, but may succeed in giving them the desirable responses which every wife should have.

Beyond all such situations, however, there has always been a residual group of wives who had "no use for sex," who were unable to find pleasure in sexual intercourse, and for whom education was ineffective. Sometimes the difficulty appeared suddenly, as in the occasional wife who found intercourse satisfactory before the birth of her child, but thereafter found it gave no pleasure, or even caused pain. This result was often interpreted as due to deep-seated hostility toward her husband, growing out of an unconscious resentment of childbearing or hatred of pregnancy, and attempts were made to remove it by psychoanalysis. They were rarely successful.

At any one time, surveys show that at least one-fourth of all wives in the educated part of the population find sexual intercourse unsatisfactory. From its beginning, more than a quarter of a century ago, the American Institute of Family Relations has been actively concerned with this problem, and it is now carrying out investigations which throw new light on it. These investigations are in collaboration with Arnold H. Kegel, M.D., F.A.C.S., who has brought out a new concept of the physiology of woman's sexual activity, regarding it not as an inherent, static, largely passive function, but as an acquired or conditioned reflex and an active function, when fully developed.

This new concept was developed from examination and treatment over a period of 20 years of several thousand women who complained of lack of bladder control or of dragging feelings and fatigue due to genital relaxation. Muscles sur-

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rounding the vagina were invariably found to be weak, and when these were strengthened by appropriate exercises the patient not merely reported her immediate difficulty relieved but, unexpectedly, reported that her sexual life was also improved.

Recent investigations reveal that the anatomy and physiology of the vagina had not yet been fully understood and that considerable time-honored information in this field had been confusing and misleading. This is especially true concerning the mechanism of sensory perception during coitus. Re-study of the tissues surrounding the middle third of the vagina has thrown new light on this subject. The pubococcygeus muscle, which lies very close to the walls of the vagina in this region, is normally the largest and strongest muscle in the female pelvis, but in about one-third of all women it is quite small and weak. It has been found to be one of the most versatile muscles in the entire human body, three of its functions contributing to sexual gratification. An astonishing quality of the normal muscle is its great elasticity and the rapidity with which it is able to adjust itself to all the phases of procreation. Once the physician concentrates his attention on this structure, it can be identified easily and much can be learned concerning its various functions. Dr. Kegel points out that in the usual digital examination of the genital tract this region is by-passed, and a speculum hides it from view. The musculature at the level of the middle third of the vagina is concerned with support of the viscera, with sphincteric action of the vagina, bladder, and rectum, and with sensory response to sexual stimulation. The innermost, softer portion of the muscle contains exquisitely sensitive nerves which receive sensations only when there is motion; hence a woman does not feel motionless objects in the vagina, such as tampons and pessaries. When she is sexually aroused, however, and this muscle is stimulated by touch, gratifying sensation is produced which normally may build up to orgasm.

Current views of orgasm associate it with the clitoris, and some writers have gone so far as to assert that there is rarely, if ever, such a thing as a "vaginal orgasm." This view seemed to be supported by the fact that there are few sensory nerves in the wall of the vagina, or in the cervix. The deeper nerves in the pubococcygeus muscle had been overlooked.

When this muscle is thin, weak, and undeveloped, as appears to be the case in a large minority of all women, or when it is badly injured, as in a difficult childbirth, sexual response may be lacking. When it is restored to normal functioning, sexual response becomes possible.

Dr. Kegel presented this new concept, with abundant evidence, before the 81st annual session of the California Medical Association's section on obstetrics and gynecology, April 30, 1950, and his paper was published in the Western Journal of Surgery, Obstetrics, and Gynecology, October 1952. Last year, he also presented it fully to the staff of the American Institute of Family Relations and joined us in a cooperative project to investigate cases that had difficulty in sexual response and had not yielded to emotional re-education. During the past six months the Institute's counselors have re-

ferred nearly 100 clients to him for examination, and his finding are being correlated with the women's early history and marital experience. It will be some time before the completed data are ready for publication, but it became clear very early that the wife's sexual inadequacy was in many instances associated with her deficient musculature.

The examining physician is able to identify the neuro-muscular tissue in which sensory perception is normal or sub-normal. The woman is able to compare the favorable or unfavorable sensations elicited with those which she has experienced during coitus. A muscle that is in good tone permits pleasant sensations, whereas the poorly developed muscle permits only poor or unpleasant sensations. During intercourse a well-developed and properly conditioned muscle is stimulated to contract reflexly. If the muscle has been seriously injured on one side, the woman will report that she experiences a pleasurable sensation on the uninjured side of the vagina, but not on the injured side, during coitus. This fairly common experience is truly physical and not due to any emotional attitude toward her husband. The psychology is the same on both sides!

Why the sexual segment of the pubococcygeus muscle or the muscle as a whole fails to develop fully in many women is not clear, and study is being given to the factors associated with childhood and adolescent development. It is not influenced by general bodily exercise, and apparently not even by general exercises of the pelvic muscles. But if the woman's attention is directed to it specifically, she is usually able to learn how to contract this muscle voluntarily and thus strengthen it. In fact, the sexual inadequacy of some wives seems to lie mainly in their lack of awareness of this muscle. When their attention is called to its existence and importance, when they identify it and recognize not merely the possibility but the need of using it, their sexual life improves. Dr. Kegel uses an instrument of his own invention, the Perineometer, with which a patient can read, on a dial, the amount of pressure she is exerting while exercising this muscle and developing its functions in general. Other women can often make good progress, once the procedure has been explained to them, by exercises which involve "pulling up" the perineum and contracting as if shutting off the flow of urine. Improvement is often noted after systematic exercise carried out for a few minutes, a dozen times a day, over a period as short as a few weeks. Adequate muscle education and resistive exercise, properly caried out, also strengthens the supportive muscles of the pelvis, thus relieving pelvic fatigue and contributing to the woman's general well-being.

When the vaginal muscles are not well developed, a degree of satisfaction during sexual relations usually is derived from other erogenous zones such as the clitoris. That the latter is of secondary importance and not the sole and indispensable source of sensory perception is proved by the fact that when it has been removed surgically, the patient has continued to feel sexual response within the vagina. As the vaginal muscles improve, clitoral stimulation becomes relatively less desirable or necessary.

In premarital counseling both partners should have this subject explained fully. If a young woman understands her own physiology and recognizes the need for developing muscular response, she will be

much more likely to attain a satisfactory sexual partnership without great delay.

Testimony of clients and study of successful marriages agree in emphasizing the importance of mutual love, and of gentleness on the part of the husband. The response of the muscles around the vagina during the initial sexual experiences of a woman usually begins during intercourse with very delicate movements. The response increases steadily over a period of weeks until it becomes spontaneous and requires no further attention or effort on the wife's part. According to the new concept the over-vigorous and self centered husband would make it difficult for this delicate neuromuscular reflex to be properly conditioned, thus delaying sexual competence necessary for orgasm in his bride. Since pleasurable sensation in the pubococcygeus muscle is greatest when the woman's whole personality is involved, satisfying sex relations can not be developed under unfavorable conditions of discomfort, fear, shame, hostility, or resentment, or with a husband who is hasty, rude, or vulgar. The new approach to an understanding of woman's sexual response therefore does not not minimize the importance of emotional factors, but emphasizes them. It lays great stress on the frame of mind of both partners, or on what might be called the spiritual relationship between them. If this is defective, the physical relationship is likely also to be defective. It is equally emphasized that even the best spiritual and psychic relationship is handicapped, if the physiologic factors in sexual response remain underdeveloped.

Further, more definitive, notes on the progress of Dr. Kegel's work with the Institute will appear in future issues.

Around the World

WOMAN'S need to gossip has been given legal recognition by a welfare committee in East Suffolk, England. Made up of five men and five women, the committee considered the case of a family living in a lonely cottage, where the children were alleged to be neglectd. It moved them and reported that it found the mother despondent "and overwhelmed by the lack of facilities and neighbors. Now that she can indulge in a neighborly gossip, the children attend school regularly, and the case is off the register of problem families."

NORTH AMERICA now has one of the highest rates of natural increase in the world. Summary by WHO showing statistical trends in 30 counrties (provisional figures for 1953) puts Ceylon at the top with a rate of 28.5 per thousand. Among western nations U.S.A. with 15.1 is second only to Canada with 19.2; then come Australia 13.8, Japan 12.6, Portugal 12.1, and India 11.7. Lowest rates of natural increase in this list are Switzerland 6.8, France 5.8, and England 4.0.

American Divorces

Survey of divorces from the 22 states which provide such figures, summarized in a Census bulletin covering the year 1952. Number of children reported was:

None	55.4%
One	22.5
Two	13.3
Three	5.3
4 or more	3.5

One-fourth of all divorces occurred in less than two years after the wedding, and 71% were granted to the wife. In the case of dissolution of first marriages, the average husband was 29 in Tennessee, 33 in Connecticut, his wife 25.7 years in Tennessee, 29.9 in Connecticut.

WHAT IS MARRIAGE COUNSELING?

PAUL POPENOE

Counseling is one aspect of education. It has been defined as "a learning experience, an opportunity afforded to the individual to facilitate his growth toward maturity and to actualize his potentialities." It is not a specialized branch of any profession but a technique used by almost every profession. "It is an educational method that can and should be utilized by all people, depending upon their needs at various periods in their lifetimes."

Marriage counseling, obviously, means counseling the *marriage*. Even though this is accomplished by dealing with an individual, or with two or more individuals, the focus must be on the marriage, rather than the individual. The purpose is to make a marriage successful, or more successful; and this is done because:

1. That is what the client comes for.

2. Men and women were made for marriage, biologically and psychologically.

3. They cannot realize themselves fully outside of marriage.

4. It is not what the individual does, but what the marriage does, that determines the next generation and therefore the future of mankind.

5. The marriage cannot be a failure without involving more than one person, therefore it should be considered as the object of counseling, rather than one individual.

6. The first marriage is statistically the most successful and each successive marriage carries a greater handicap; therefore it is desirable to help the client make a success of the marriage he is now in, rather than to look toward another marriage or to live without marriage.

If the counselor is to help make the marriage a success, what does that mean? It involves such criteria as these:

1. Husband and wife are happy, healthy, and productive.

2. Their feeling of happiness depends on their companionship with each other and their collaboration in a family, more than on anything else.

3. Each partner also has adequate opportunity for self-expression.

4. The marriage creates a satisfactory home in which to rear an appropriate number of children.

5. Each partner accepts the cultural role of his or her own sex, since successful marriage and child-rearing depend on that.

Recognizing wide differences among normal people, the counselor asks himself what kind of marriage these two want and can have. One of the commonest and worst faults of judgmentalism is to condemn a marriage because it is not the kind *you* want.

Counselors should be familiar with normal successful marriage, by study and experience, and should help the client to be likewise familiar with this; then proceed to deal with deviations. This procedure (too often reversed) complies with the logical requirement of proceeding from the known to the unknown. It may be as important to strengthen the good points in the marriage as to probe for the bad ones. Moreover, the client's faults are frequently inseparable from the environment; manipulation of the latter is always legitimate, usually essential, sometimes sufficient. If the client changes his overt behavior to conform with that which is characteristic of happy marriage in general, such a change may in turn change the amount and character of conflict, which in turn changes temperament,

gives insight, and alters attitudes. The psychoanalyst goes at it from the other end—the hard way. Unfortunately, most psychiatrists, psychologists, clergymen, and others have been trained to deal with the individual, not the marriage, and to go at it the hard way!

To proceed intelligently, the marriage counselor:

1. Needs a broad background, not merely an acquaintance with the characteristics of successful marriage, and the peculiarities of human nature, but also the resources of the community. He must frequently supply the knowledge, furnish the imagination, and help create the drive which the client lacks.

2. Must frequently make a more aggressive *start* than is customary or perhaps desirable in individual counseling, in order to get the marriage off dead center and set it in motion. This more energetic start is merely a preliminary for the less aggressive counseling that will be used thereafter.

3. May occasionally be justified in acting as arbiter or intermediator to get husband and wife (even though he may be seeing only one of them) to go ahead with a new and correct pattern of behavior. Once they experience this, they can then proceed. On the James-Lange theory of the emotions (much too greatly ignored by some counselors) the individual tends to *feel* what he *acts*. If he begins to act the way successful husbands do, he may be surprised to find that he feels more like a successful husband.

Areas in which husband and wife can profitably start in this way to work more closely together include the economic (budget, management of the finances, etc.), child management, and particularly the recreational and social life of the family. Participation in religious activities is an easy aid to many marriages. Full and constructive use of what James H. S. Bossard calls the *rituals* of family living (the family meals, family conversation, entertainment and visiting, household pets, family council, and the like) sometimes produces rapid change in the climate of the home.

(Abstraction of discussion before seminar in counseling at the AIFR, Oct. 5, 1954.)

Inexpensive Pamphlets

INFANT CARE, pp. 106, price 15c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C. — Tenth edition of this famous booklet, an unsurpassed "good buy."

THE CHILDREN'S BOOKSHELF — a booklist for parents. Pp. 41, price 25c from Supt. of Documents, U.S. Printing Office, Washington 25, D.C. (Catalog No. F3.209:304/4.)

CHILDREN AND TV — Making the most of it, pp. 40, price 75c from Assn. for Childhood Education International, 1200 15th st., NW, Washington 5, D.C.

EDUCATION FOR PERSONAL AND FAMILY LIVING, by Frederick Osborn. Pp. 5, price 25c from American Eugenics Soc., 230 Park ave., New York 17, N.Y.

LEADERSHIP AND GROUP PARTICIPATION, by William Foot Whyte, pp. 49, free on request to N. Y. State School of Industrial and Labor Relations, Cornell University, Ithaca, N. Y.

FAMILY CAMPING, by the George T. Wilsons, pp. 46, price 25c from R. Laacke Co., 1025 W. Walnut st., Milwaukee, Wis. — Unusually complete handbook for the beginner and experienced camper.

BUILDING SELF CONFIDENCE IN CHILDREN, by Nina Ridenour. Pp. 47, price 50c from Science Research Associ-

ates, 57 W. Grand ave., Chicago 10, Ill.

MONEY MANAGEMENT at the student level, by Leone Ann Heuer. Free on application to Household Finance Corp., 919 N. Michigan ave., Chicago 11, Ill. —A reprint for teachers.

SUGGESTIONS TO EMPLOYERS IN REGARD TO HIRING OLDER WOMEN, price 5c from Supt. of Docs., U. S. Government Printing Office, Washington 25, D.C. (Catalog No. L 13.11:12/2.)

FAMILY ALLOWANCES IN BRITAIN, CANADA, AUSTRALIA, AND NEW ZEALAND, by R. Chambers. Price 25c from American Eugenics Society, 230 Park ave., New York 17, N.Y.

CHILD WELFARE, bulletin of the Council for Social Service of the Church of England in Canada, pp. 16, price 5c from The Church House, 600 Jarvis st., Toronto 5, Ont., Canada.—Useful booklet discussing the present position of the family in Canada and elsewhere.

MONEY MANAGEMENT: your budget, pp. 36, price 10c from Consumer Education Dept., Household Finance Corporation, 919 N. Michigan ave., Chicago 11, Ill.

INTERNATIONAL CHILDREN'S CENTRE, report for 1954, pp. 50, obtainable free (in French or English) on request to Service des Relations Exterieures du Centre Internationale de l'Enfance, Chateau de Longchamps, Paris 16, France.—UNICEF publication.

FACTS OF LIFE FOR CHILDREN, pp. 96, price 50c, on bookstands or from Maco Magazine Corporation, 480 Lexington ave., New York 17, N.Y.—Popular book from Child Study Assn. of America, with 8 pp. of illustrations, now offered in the paper-back list.

Data On Marriage

More than one-fifth of all persons who marry have been married before; but above age 55 more than four-fifths of all persons who marry have been married before, says a report from the National Office of Vital Statistics. For men the favorite age at first marriage was 21 or 22 and more than one-half of first marriages took place before the 24th birthday had been reached. The favorite age for women was 18 or 19, and more than half of all first marriages took place before age 21. More than half of the previously-married women who remarried had reached age 35, more than one-half of the men age 40. Remarried persons who had been widowed remained widowed for a median duration of 3.5 years prior to remarriage, while persons who had previously been divorced remained in that status for a median duration of 2.7 years prior to remarriage.

Not Enough Wives?

Newspapers frequently bring out scareheads asserting that there is a growing shortage of men in the population. Investigation reveals that this shortage is mainly in old age, when marriage, or at least reproduction, is not concerned. Recent British figures, on the other hand, present the opposite view. At all times and in all nations, more boys are born than girls, but since boy babies die in larger numbers, the female sex gradually comes to predominate. "The reduction in infant and child mortality has benefited boys more than girls, with the result that the preponderance of males, which was lost by the age of 10 in 1913, now continues up to the age of 30; in 1983 it is expected to continue up to 50 . . . In the marrying ages the sexes are now about equal, but in 1983 nearly 500,000 men will be unable to find wives among their own countrywomen."

NEW BOOKS IN BRIEF REVIEW

PSYCHOLOGY IN LIVING, by Wendell White. Pp. 316, price $4.50 from the Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1955.

When Dr. White's first book, *The psychology of dealing with people,* appeared 20 years ago a reviewer in one of the psychological journals sneered that it could just as well have been written by someone in the English department as in the psychology department. In this book, which appears in a third edition after a decade of popularity, Dr. White (University of Minnesota) continues the surprising and unorthodox practice of writing understandably. "Are you making the most of yourself?," he asks in his subtitle; and he goes on to discuss man's inborn needs and the ways of satisfying them in a socially acceptable manner, illustrating his points with many references to everyday experiences. Its popularity will undoubtedly continue.

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EDUCATION OR INDOCTRINATION, by Mary L. Allen. Pp. 211 *(bibliography included),* price $4.00 from The Caxton Printers, Ltd., Caldwell, Idaho, 1955.

In essence, this book is the answer to "This Happened in Pasadena," by David Hulburd, which was published in 1951, and which by exalting Willard Goslin, crucified a number of well meaning and honest citizens. Mary Allen was an eye witness to what happened in Pasadena during the controversy over Willard Goslin. She has used the past four years for research and has carefully documented and indexed her book to enable the reader to trace the facts to their source as she sorts through the confusion and unfolds the plan of radical educators to impose a new way of life on Americans through their public schools. This book should interest all those persons concerned with the welfare of the public schools, whether progressive or otherwise. For those parents, teachers, and citizens who feel that something has happened in our public schools which endangers the American way of life, it is required reading.

—D. Flower.

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BEING BORN, by Frances Bruce Strain. Pp. 134, price $2.75 from Appleton-Century-Crofts, 35 W. 32d st., New York 1, N.Y., 1954.

For its 32d printing, this popular book has been revised and enlarged, with new material on childbirth and other topics that bring it up to date. It is the best book available for the young child, say from eight to 14, but will be of value to many both younger and older, — and to their parents.

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OUR COMMON NEUROSIS, by Charles B. Thompson and Alfreda P. Sill. Pp. 208, price $3.50, from the Exposition Press Inc., 386 Fourth ave., New York 16, N.Y., 1952.

Strong evidence for Trigant Burrow's theory of phylobiology lies in the fact that the principles he states have appeared as the products of many different approaches to the study of human function. Thompson and Sill present Burrow's thesis in this book in an ingenious manner, demonstrating as well as explaining phylobiological principles. Phylobiology grew, according to the introduction, out of Burrow's work in group analysis. He was one of the first to see that emotional aberration occurs in all individuals in our

society, and not only in the few that our society chooses to label neurotic and psychotic. In his groups, patients, physicians and students all attempted to turn their attention away from habitual patterns of defense to examine their own response to the world. As they did so, they found in each of themselves a layer of self-centered concern for individual advantage which produced an illusion of separation of each person from the common stream of all mankind. Working through this layer they began to visualize the possibility of a true integration of human beings, an integration as complete and functional as the integration of cells in a multicellular organism. Indeed, they began to see that such an integration exists already, but is obscured for each person by the mask of individuality that he has learned to wear. In this book, Thompson and Sill present a series of essays and vignettes written by members of one of Burrow's groups. They add connecting comments, and allow the concepts of phylobiology to grow for the reader, as they did for the group members and for Burrow himself, out of the specific experiences and insights of each person. As these concepts take shape, they reveal their similarity to the concepts of Jung, Adler, Sullivan, the gestaltists, and the many others who have again and again insisted upon the essential continuity between men. Counselors and teachers can find an especially valuable use of the book in introducing their clients and pupils to the basic dynamics of human social functioning. For here they will find psychological and social dynamics described in clear, simple language by laymen who, like clients and pupils themselves, wanted only to understand themselves more fully and solve their own pressing problems of living.—*Margaret Benton.*

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GROUP WORK: foundations and frontiers, ed. by Harleigh B. Trecker. Pp. 418 (no index), price $5 from William Morrow & Co., 425 Fourth ave., New York 16, N.Y., 1955.

Selected papers by 30 workers, reprinted from periodicals, and giving a comprehensive view of an important aspect of modern social work. Part II offers comments by 42 people in 15 different states, on the directions in which group work may expand and develop in the future.

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UNDERSTANDING TEEN-AGERS, by Paul H. Landis. Pp. 246 (no index), price $3 from Appleton-Century-Crofts, 35 W. 32d st., New York 1, N.Y., 1955.

Writing for parents, Dr. Landis insists that it is important not merely to know how to help, but *how not to hinder.* His sensible book is based on reading more than 1,000 autobiographies of college students who described their own adolescence. Detailed and practical, it will be of equal value to teachers and to youth leaders. Sociologist Landis is dean of the graduate school of the State College at Pullman, Wash.

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LOVE AND HATE IN HUMAN NATURE, by Arnold A. Hutschnecker. Pp. 278, price $3.50 from Thomas Y. Crowell Co., 432 Fourth ave., New York 16, N.Y., 1955.

Easily-read description of human behavior based on an over-simplified Freudian foundation and illustrated with "case histories" and mention of famous people. Dr. Hutschnecker is a New York city physician who specializes in internal medicine and psychosomatics.

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THE WORKSHOP BOOK for parents and children, by Martha Lincoln and Katharine Torrey. Pp. 214, price $5 from

Houghton Mifflin Co., 2 Park st., Boston, Mass., 1955.

With abundant illustrations and diagrams, the authors bring the Do-It-Yourself plan right into the family. Any parent who is handy with tools will find plenty of inspiration in this valuable book.

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MY SPIRITUAL DIARY, by Dale Evans Rogers. Pp. 144 (no index), price $2 from Fleming H. Revell Co., 316 Third ave., Westwood, N.J., 1955.

Inspirational comments of the wife of screen actor Roy Rogers. Her earlier book, *Angel Unaware,* describing her mentally handicapped daughter, has sold more than 400,000 copies. Much of this book deals with the part which Mr. and Mrs. Rogers played in Billy Graham's evangelistic campaign in Great Britain.

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ANALYZE YOURSELF, by Leopold Loewenstein and William Gerhardi. Pp. 320, price $3.95 from Hawthorn Books, 70 Fifth ave., New York 11, N.Y., 1955.

This offer to let you "see yourself as you really are" can hardy be called pseudo-science; it falls rather in the domain of parlor games. There is entertainment in the book but the claim that "there are some three million self-analyses within the pages of this volume" is warning that simplicity is not its outstanding feature. The authors are described as "well-known European public figures."

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YOUR BEST FOOT FORWARD, by Dorothy C. Stratton and Helen B. Schleman. Pp. 244, price $3.50 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1955.

Social usage for young moderns is described in this revised edition of a volume that first appeared in 1940. It is based on replies to questionnaires submitted to college students in many parts of the country and covers almost every possible subject even including weddings.

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A CHILD DEVELOPMENT POINT OF VIEW, pp. 145 (no index), and BEHAVIOR AND MISBEHAVIOR, pp. 140 (no index), price of each volume $3.00 from Prentice-Hall, 70 Fifth ave., New York 11, N.Y., 1955.

Two practical discussions for teachers and students of education. Professor Hymes, currently teaching at George Peabody College for teachers, Nashville, Tenn., is a recognized and popular authority on these subjects.

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QUESTIONS BOYS ASK, by David W. Armstrong. Pp. 160, price $2.50 from E. P. Dutton Co., 300 Fourth ave., New York 10, N.Y., 1955.

Practical advice for teen-agers from the national director of the Boys' Clubs of America, who has had 50 years experience in dealing with the problems of youngsters.

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HOW TO FACE THE CHANGE OF LIFE WITH CONFIDENCE, by Fred B. Trevitt and Freda Dunlop White. Pp. 66 (no index), price $2.50 from Exposition Press, 386 Fourth ave., New York 16, N.Y., 1955.

Simple and helpful discussion. Dr. Trevitt is pastor of High Street Presbyterian church, Oakland, Calif., and Mrs. White, a writer and also a grandmother, is the wife of a clergyman.

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THE JUVENILE OFENDER, ed. by Clyde B. Vedder. Pp. 510, price $6.00 from Doubleday & Co., Garden City, N.Y., 1954.

Readings with introductory comments, suitable either for a college text or for the general reader.

PRACTICAL HELP FOR COUNSELORS

The American Institute of Family Relations offers invaluable material, to be found nowhere else, for the many people called upon to help others in dealing with personal and family problems. In addition to the Correspondence Course in Counseling (see next page), the Institute has prepared a number of unique pamphlets, the most recent being:

Pub No. 524. MARRIAGE COUNSELING. PRICE.....25c
Marriage counseling is largely a matter of re-educating one or both partners. Everyone has a right to expect from marriage emotional and economic security, companionship, sexual partnership, and children. Four rules for successful marriage counseling are given.

Pub. No. 526. THE PRACTICE OF MARRIAGE COUNSELING: A paper presented to the third International Conference on Planned Parenthood, Nov. 24 to Dec. 1, 1952, by Paul Popenoe, Sc.D. 35c

An illuminating and concise discussion of twelve pitfalls which beset many counselors, and how to avoid them. Aids for formulating a provisional plan of treatment of the client.

Among the other popular pamphlets for counselors are:

Pub. No. 502 MARITAL COUNSELING WITH SPECIAL REFERENCE TO FRIGIDITY 35c

Pub. No. 506. AGGRESSIVENESS AND ITS TREATMENT. (Mimeographed) 10c

Pub. No. 508. MATURITY AND OLD AGE INDICATOR, By Christopher Ruess. Invaluable for those dealing with the elderly. Questionnaires, instruction sheet, and set of scoring devices for use in detecting elements of psychological old age any time after 30 and preventing its development. Complete set 1.00

Pub. No. 517. SEXUAL INADEQUACY OF THE MALE.....1.00
The most practical, concise and explicit discussion available of the non-medical treatment of a very common condition which affects several million husbands in this country and Canada, and therefore affects an equal number of wives.

★ ★ ★

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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy 25c

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

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